

County of Santa Rosa

PROCLAMATION

WHEREAS, a healthy and productive community is essential to the mission of Santa Rosa County's ability to successfully promote and protect the health and safety of all of it's citizens; and

WHEREAS, an unhealthy lifestyle by Santa Rosa County citizens can erode our most important asset – our community.

WHEREAS, more than **21.0%** of all adults in Santa Rosa County are overweight or obese and **7.7%** of all adults in Santa Rosa County having been told they have diabetes; and

WHEREAS, only **32.2%** of adults in Santa Rosa County report engaging in regular, sustained physical activity on all or most days of the week; and

WHEREAS, **74.0%** of adults in Santa Rosa County report not eating the recommended five or more servings of fruit and vegetables each day, and

WHEREAS, citizens who are engaged in health promoting habits are less likely to develop the chronic conditions of coronary heart disease, stroke, lung cancer, chronic obstructive lung disease, and diabetes, that account for **218.7 deaths per 100,000** of all causes of death in Santa Rosa County; and

WHEREAS, much of the chronic disease burden is preventable. Effective prevention measures exist today to substantially curtail the illnesses, disabilities, and unnecessary or early deaths caused by these diseases; and

WHEREAS, the implementation of a wellness event can benefit residents by improving their physical health and morale.

NOW, THEREFORE, LET IT BE PROCLAIMED that the Board of Commissioners of Santa Rosa County does hereby call upon all citizens to observe February 2, 2005, as

STEP UP FLORIDA DAY!

And encourages all residents to set goals to improve their health and wellness and to motivate all residents to make healthy choices and strive for healthy lifestyles.

**BOARD OF COUNTY COMMISSIONERS
SANTA ROSA COUNTY, FLORIDA**

GORDON GOODIN, CHAIRMAN